

CITY OF ROGERS
ADULT WELLNESS CENTER



AWC Active Aging

VOLUME XII, ISSUE VI

NOVEMBER / DECEMBER 2019



Happy Holidays AWC!

Lesli Ossenfort, Director

I hope you find peace and joy this holiday season among all the

hustle and bustle that it brings. I also hope that you can make time to truly enjoy the season with your family, friends, and all of us at the AWC! We invite you to celebrate with us and take part in all the activities and programs we have planned for the holiday season (see pages 2 & 3). From Christmas concerts, Holiday Variety show, bake sales, Christmas light tours, Holiday themed classes and our annual must-attend Potluck & Sing a long, we hope you will find something that will inspire your Christmas spirit! **Thanks to all that helped us celebrate our 13th anniversary, we had another successful fundraiser! We were able to raise over \$15,000 for the AWC in sponsorships, silent auction & ticket sales!** We had a great turnout for Casino Night and gave out 95 prizes that were valued over \$5,000-**Thanks to all of the generous donations we received from local businesses!** We especially want to **thank all of our generous local event sponsors (see page 4) that made these events possible!** All of the funds raised by these anniversary events go into supporting the needs of the center, enhancing our services, and into our scholarship fund.

We also want to thank all of you who donate to the center as part of your end of year giving. All donations given to the Adult Wellness Center are considered tax-deductible gifts. We provide you with a letter to use for your tax records a receipt for your donation. Thank you for your generosity & for your support, we greatly appreciate it! We also appreciate your understanding & patience when we have repairs this season, more information will be posted soon. **Happy Holidays!**



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Proud Sponsor of the Adult Wellness Center

Staying Healthy During the Holidays

November is upon us and her gifts are abundant. Fall colors, beautiful sunsets, and smells of comfort foods simmering on the stove or baking in the oven. This is the perfect time of year to start making a plan to enjoy the fruits of the kitchen without blowing a healthy eating lifestyle. Or maybe even just a time to think about which holiday treats are the most special that you can enjoy in moderation. Weight gain over the holiday season is typical and it's good to enter the season with eyes open and to have a game plan in place.

In November, the AWC has two classes to help you focus on healthy eating. On **Tuesday, Nov. 19th at 11:00AM** Misty Burkes from Humana will present **The Skinny on Fat**. Fat got a bad rap in the 80's and 90's, but our body does actually need fat in order to function and be healthy. Misty will tell you which fats are the best for you and what they do for your body. And then on **Tuesday, Nov. 26th at 11:00AM** Shelby from Cook's Natural Foods will present **Building a Healthy Diet**. Shelby will discuss how to get all of the

nutrients you need from eating nutrient dense foods and she'll also talk about taking vitamins. Both of these classes are free and you can register at the front desk to attend.

We also have a new group that is meeting on **the first Thursday of each month at 11:00AM** called **Enjoy Life Gluten Free**. Linda Fish coordinates this group and they discuss tips, products and recipes for those who are managing a gluten-free and/or dairy-free lifestyle. New faces are always welcome.

Holiday Stress

The familiar Christmas song says that it's the most wonderful time of the year, the holidays. But for some, the holidays aren't exactly the happiest time of the year. Difficult family issues seem to intensify during this season. And loneliness is a big factor for some as Thanksgiving and Christmas approach. The holidays can actually feel more isolating and sad. To help you deal with the

darker side of the season, Elisabeth Bostian-Neal, a Social Worker with Springwoods Behavioral Health will be at the AWC on **Thursday, Nov. 14th at 11:00AM**. Elisabeth will discuss **Dealing with Holiday Stress: Family Issues & Loneliness**. She will give tips on coping with these difficulties and being prepared, so that you can have a less stressful holiday.

Ten Things You May Not Know About Therapy

*Presented by Joe Manthe,
Director of Orthopedics
& Therapy Services*

**Monday,
November 18th
11:00AM**

Mercy

Bus Trip

This year's annual holiday bus trip will be a little different than previous years. After receiving many requests for this year's trip, we will travel to Pawhuska, OK to visit the **home of the Pioneer Woman!** Mark your calendars for Monday, **December 2nd** because this is sure to be a blast! The trip will include a catered lunch served family style, plenty of

time to shop at the Mercantile and bakery, and even includes a visit to the Lodge, which is the filming location for her cooking show! And on the way home, we will tour the spectacular Rhema Bible College Christmas Lights in Broken Arrow, OK. Stop by the front desk to get signed up for this holiday adventure. Space is limited and this is sure to fill up fast!



Kris Kringle Craft Sale

Nov. 19th
(starting at 1:00 pm)
Through
Nov. 23rd

AWC Board Room

AWC Weather policy

The AWC will close due to weather only if the City of Rogers Administration Office is closed. If the Rogers School District calls off classes, the AWC will cancel all classes and activities for that day as well.

However, we only actually close if the City offices close.

Announcements regarding weather closings will be made on TV (KNWA & 40/29) and on the City website. You can also call the center, and a message will indicate if we are closed or have modified hours.

Safe Winter Driving

CarFit is coming back to the AWC! CarFit is a safety program that inspects your vehicle and how it "fits" you. Each inspection takes about 20 minutes and is done right out in the parking lot. Inspectors will check and help adjust things such as seat heights, steering wheels, and mirrors. It's free and can really help drivers be more safe out on the road. AWC will host **CarFit** on **Wednesday, Nov. 6th from**

9:00AM to 1:00PM. Space is limited, so please make your appointment soon at the front desk. If you are interested in becoming a trained inspector, please talk to Brandy in the office. And for the winter season, Joe Gratzl will present **Getting You and Your Car Ready for Winter** on **Tuesday, Dec. 3rd at 11:00AM.** Joe will discuss winterizing your vehicle to make sure it's ready for the cold as well as give you safe driving tips for winter weather. And if you'd like to save some money on your car insurance and learn to be a better driver, the AWC will be hosting it's last **AARP Driver Safety Class** of the year on **Tuesday, Nov. 19th from 9:00AM to 1:00PM.** The class is \$15 for AARP members and \$20 otherwise. Save your spot for these events at the front desk.

Christmas Cooking Class:

Appetizers & Cookies
Friday, December 6th
1:00PM
Demo Kitchen

Chef & Designer, Pamela Christmas, will prepare delicious holiday appetizers & cookies. Sample her yummy treats and then take the recipe home to try yourself.

\$5 AWC class fee plus
\$15 to the instructor.
Register by December 2nd.

Holiday Music at the AWC

Christmas Variety Show

Wednesday,
December 4th
1:00PM

If you have a talent to share with a holiday flair, please let Brandy know by Nov. 27th.



& Sing-Along
Wednesday,
December 11th
12:00PM

*AWC will provide the meat.
Please bring a side dish.*

Saints Alive Choir Christmas Concert

Tuesday,
December 17th
1:00PM

The choir from the First Baptist Church of Rogers will share their Christmas concert.

Christmas Kid's Orchestra



Wednesday,
December 18th
1:00PM

Join us for an instrumental concert given by a local family orchestra.

Christmas Lights & Cocoa

In just a few weeks, people will be seen up on ladders in their yards, taking advantage of the last remaining warm weather to get their Christmas lights on the roof for their dazzling light displays! There's a Clark Griswold hiding deep in the heart of many people as Christmas time approaches. The AWC has an opportunity for you to admire all of these light displays along with a cup of cocoa and an evening of festive fun and entertainment.

On **Monday evening, Dec. 16th** the AWC will hold the third annual **Christmas Lights and Cocoa.** This event is sponsored by First Light Home Care. A delicious array of appetizers and goodies will be served along with cups of hot cocoa, and there will be live Christmas music in the lobby. For this event, the AWC partners with local businesses in the community who provide buses to take

members to see the Christmas lights around our local area. It's a great time to enjoy the lights of the season with others and get into the holiday spirit, without even having to drive yourself. More details on signing up for the Christmas light tour will be available after November 25th, so stay tuned!



You may be eligible to have your AWC membership paid for if you are

Medicare Eligible
and have a qualifying insurance supplement!

These programs are beneficial for the AWC!

Please check at the front desk if you think you might qualify!



CITY OF ROGERS
ADULT WELLNESS CENTER

2001 W. Persimmon St

Rogers, AR 72756

Phone: 479-631-3333

Fax: 479-986-6803

www.rogersar.gov

Open Monday-Friday 7:00 am - 7:00 pm

Open Saturday 8:00 am - 12:00 Noon

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**AWC Closed
for Veterans Day
Monday
November 11th**

Help us cut down on paper waste. Please
keep the included calendars to refer to
throughout November and December.

↓ **Thank you Sponsors!** ↓

LUCKY 13 Casino Night

Humana
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Bingo Sponsor:
**Primrose
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**Thanksgiving Pie &
Goodie Sale**
Wednesday, Nov. 27th
7:00AM

If you'd like to bake, please let
Brandy know by Nov. 22nd



Veterans Day Celebration
Friday, Nov. 8th
1:30pm

Join us as we honor our
Veterans and thank them for
their service.

AWC Holiday Closings

Veterans Day
Thanksgiving
Christmas
New Years

Nov. 11
Nov. 28 & 29
Dec. 24 & 25
Jan. 1

Have a safe and happy holiday season from the AWC staff!